

# Sattva – Refining the Body

The last three days of Navratri are the time of Saraswati and the quality of sattva. Today, Sadhguru speaks about this quality.

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*Navratri is being celebrated from the dates of October 2 to 10 in 2016. These nine nights celebrate the Divine Feminine, and are a time of great festivity in India. The last three days of Navratri are the time of Saraswati and the quality of sattva. Today, Sadhguru speaks about this quality.*

[Sounds of Isha](#) also releases the third of three songs for Navratri, “Pratha Sthuthave Parasivam Bhairavi”, based on a poem written by Adi Shankaracharya.

**Sadhguru:** There is no physical entity without all these three dimensions – sattva, rajas and tamas. Every atom has these three dimensions of vibrance, of energy, of a certain static nature. If these three elements are not there, you cannot hold anything together. It will break up. If it is just sattva, you

won't remain here for a moment – you will be gone. If it is just rajas, it's not going to work. If it's just tamas, you will be asleep all the time. So, these three qualities are present in everything. It is just a question of to what extent you mix these things.

Moving from tamasic nature to sattva means you are refining the physical body, the mental body, the emotional body and the energy body. If you refine this so much that it became very transparent, you cannot miss the source of creation which is within you. Right now, it is so opaque that you cannot see. The body has become like a wall blocking everything. Something so phenomenal – the source of creation – is sitting here but this damn wall can block it because it's so opaque. It's time to refine it. Otherwise you will only know the wall, you will not know who lives inside.

## **Pratha Sthuthave Parasivam Bhairavi**

The song praises Devi as the one who sits on the lotus and is the Goddess of words and language. This is also the time when, traditionally, all implements of education and work are worshipped. The song was created by Adi Shankaracharya and is rendered by Sounds of Isha.

**Pratha sthuvē parasivam bhairavi bhavani,  
Trayyantha vedhya vibhavam karunanan vadhyam,  
Viswasya srushti vilaya sthithi hethu bhootham,  
Vidhyeswareem nigama vang mana sathi dhooram**

*I hymn early in the morning to the virtues of Bhairavi,  
Whose very appearance ensures supreme welfare to all and the glory of her resourcefulness is  
copiously described by the Vedas and Vedanta philosophy,  
Who is pure and pious being of auspicious form and who is the root cause of the creation,  
maintenance and destruction of the entire world,  
She is the presiding deity of all knowledge and whose full glory is unfathomable even for the Vedas,  
speech, and mind*

**Prathar vadami bhairavi thava punya nama,  
Kameswareethi, kamaletthi maheswareethi,  
Sri shambhaveethi jagatham janani parethi,  
Vag deva thethi vachasa tripureswareethi**

*O Goddess Bhairavi! I chant early in the morning with my voice your sacred names,  
Kameshwari, Kamala, Maheshwari,  
Shambhavee, Jagatjanani, Para,  
Vagdevi and Tirpureshwari*

**Editor's Note:** Each day of Navratri includes the Navratri Pooja, a powerful opportunity to imbibe Devi's Grace. The Navratri pooja includes an elaborate abhishekam of 11 offerings and a vibrant offering of music and dance thereby creating an explosion of energy with songs extolling Devi at her fullest glory.

[Join Navratri Pooja Live Streaming](#)